



Los Angeles County Beaches

★ **Summer**
Adventures
coloring book



The Lifeguards are your friends. If you have questions or problems, the Lifeguards can help.



**There are many fun things to do
at the beach...like surfing.**



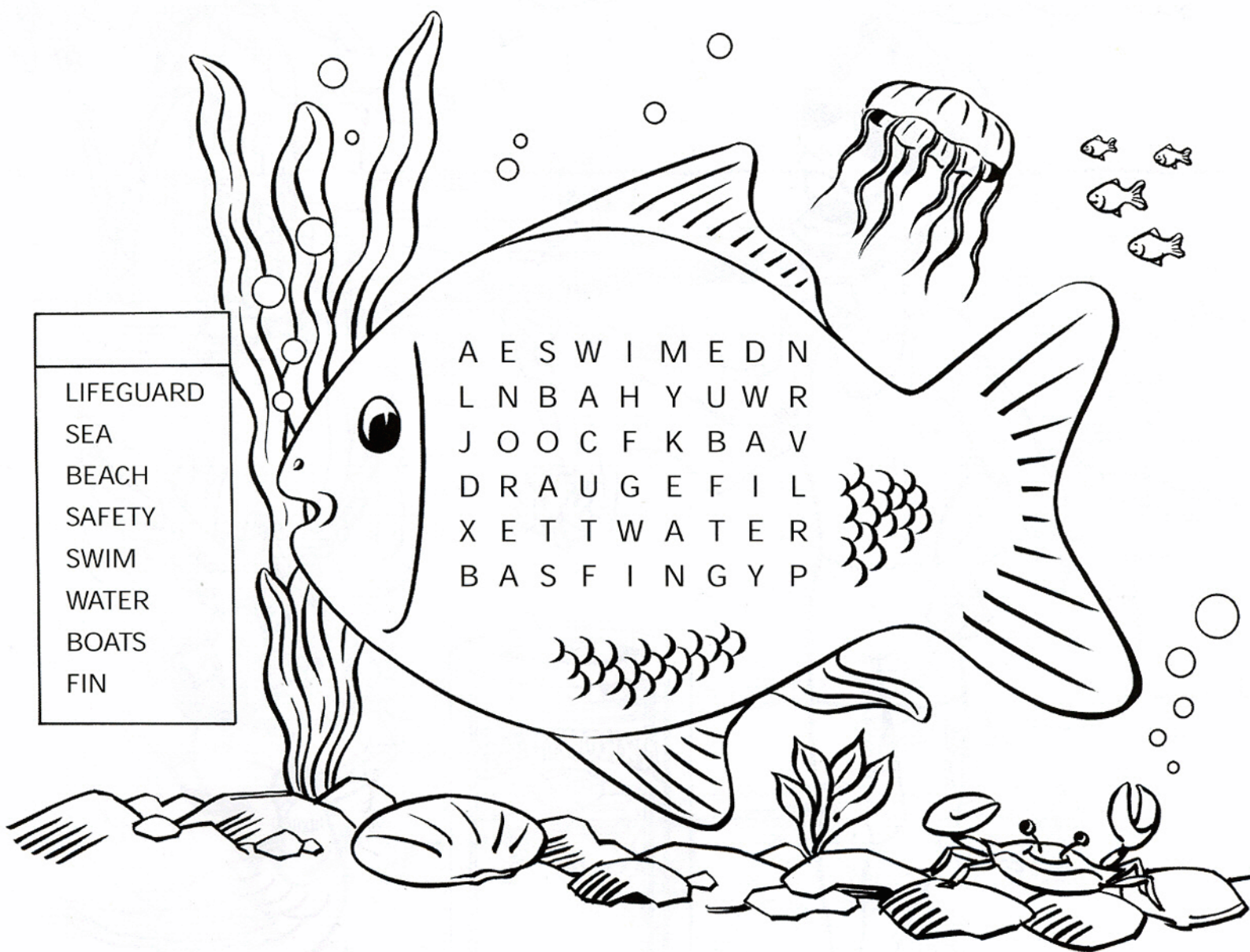
Always swim with a buddy and
in front of an open lifeguard tower.



The Junior Lifeguard Program teaches
you how to become a lifeguard,
as well as beach and ocean safety.

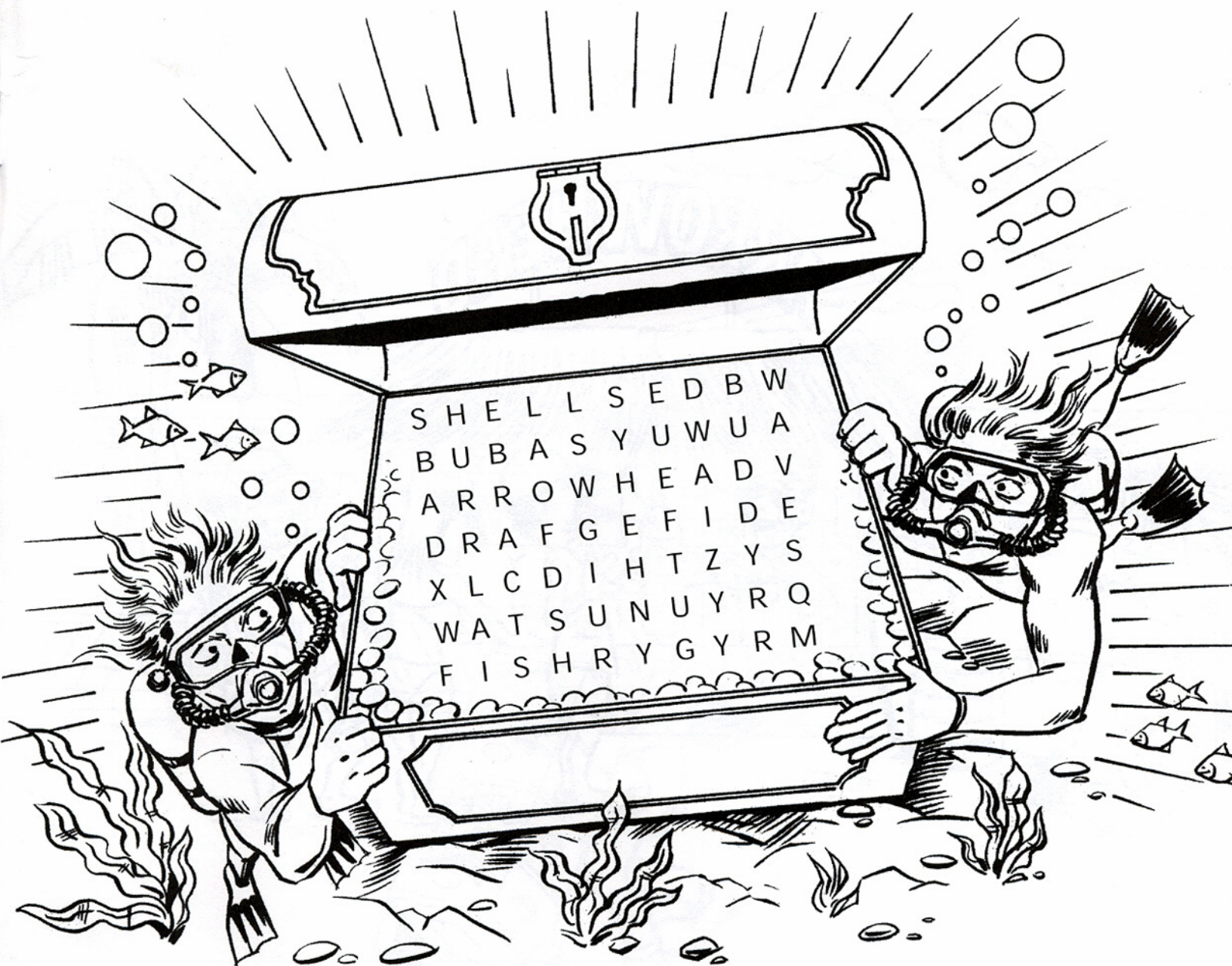
LIFEGUARD
SEA
BEACH
SAFETY
SWIM
WATER
BOATS
FIN

A E S W I M E D N
L N B A H Y U W R
J O O C F K B A V
D R A U G E F I L
X E T T W A T E R
B A S F I N G Y P





Help take care of the beach by putting your garbage in a trash can. Litter can be dangerous to people and to the birds and animals that live at the beach!



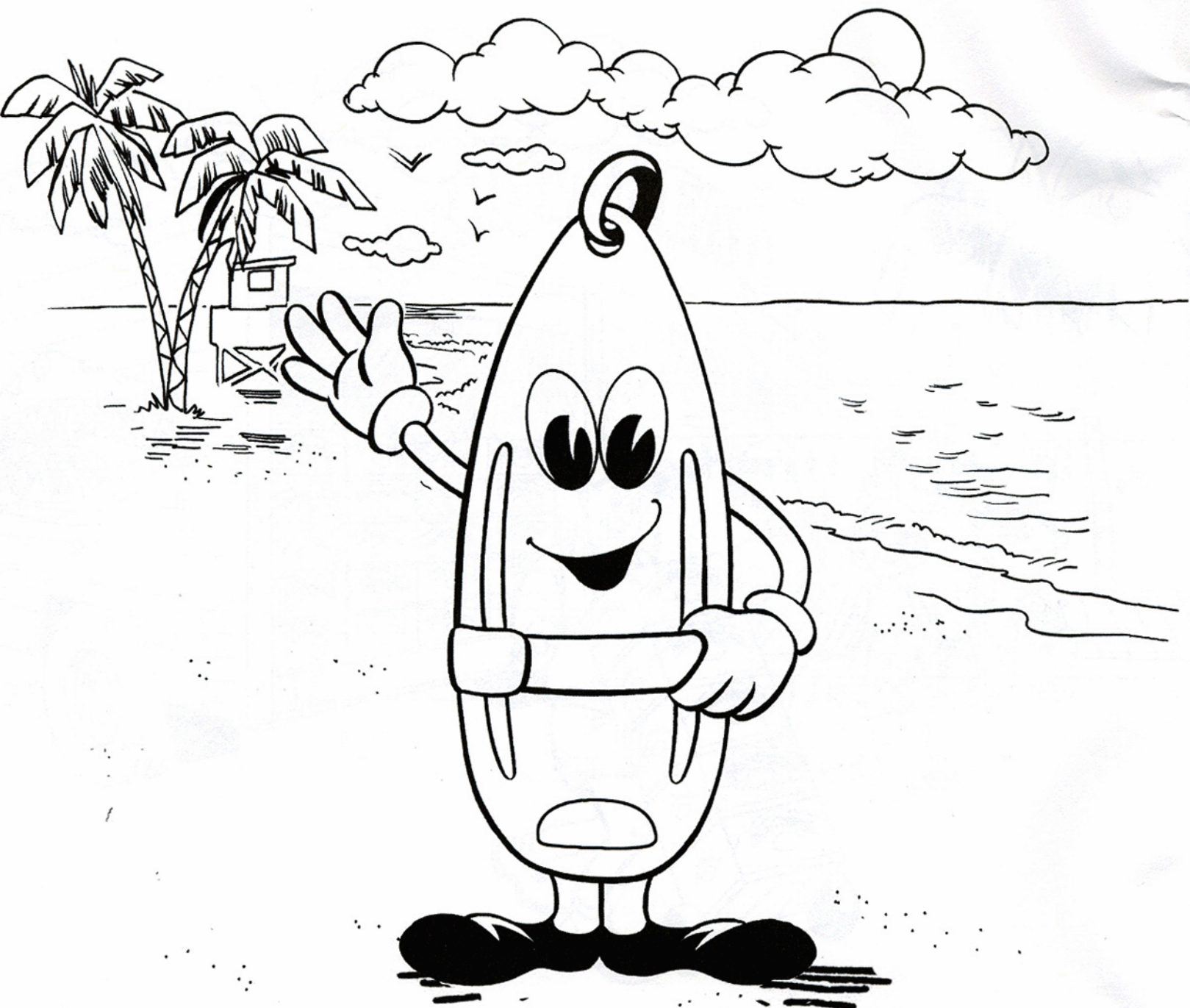
FISH	SURFING
ARROWHEAD	BUDDY
WAVES	SHELLS
SUN	



**Be sure to drink plenty of water
while out in the hot sun.**



There is always plenty of
Arrowhead® Mountain Spring Water
available at the beach!



See you at the beach.



The County
of Los Angeles
Fire Department's
Lifeguard Division



Safety Tips

1. Swim and surf near an open

lifeguard tower.

2. Never dive into shallow water.

3. Always use a leash and fins

while body-boarding.

4. Always swim with a buddy.

5. Drink plenty of water to

remain hydrated, especially

in hot weather.

Visit us on the web at

www.lacountylifeguards.org

Draw what you like to do at the beach.



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- 5. Drink plenty of water to remain hydrated, especially in hot weather.**

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Presented By



Official Bottled Water of the Los Angeles County Beaches
www.arrowheadwater.com

The County of Los Angeles Fire Department's Lifeguard Division serves to safeguard the public on 31 miles of beaches. If you have questions about the beach or about the Lifeguard's public education programs, please call 310-939-7214, or visit the Lifeguard's website at www.lacountylifeguards.org.

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Special thanks to Hans Rodinoff, creator of Captain Can